

Capital Soccer- Tentative Itinerary

April 18-25, 2011

Day 1

Wednesday, April 18- Arrive to Costa Rica

9:15 am	Depart Boston, MA (AA 573)
12:35 pm	Arrive Miami, FL
3:10 pm	Depart Miami, FL (AA 1051)
3:55 pm	Arrive San Jose, Costa Rica airport pick up by private bus
5:00 pm	Check in at hotel for 3-night stay
6:00 pm	Orientation presentation: learn about Costa Rica & preview the tour
6:30 pm	Welcome dinner

Day 2

Thursday, April 19- Team training & Friendly Game #1

8:00 am	Breakfast
9:00- 10:00 am	Community Service
10:30-12:00 pm	Professional Team Training
12:30 pm	Lunch
4:00 pm	Friendly Game #1*
7:00 pm	Dinner

Day 3

Friday, April 20- Team training and Hot Water Springs

7:30 am	Breakfast
9:00- 10:30 am	Professional Team Training (\$300 additional cost)
11:30 am	Lunch
12:00 pm	Depart for San Carlos
3:30 pm	Check into hotel for 2-night stay- San Carlos
5:30 pm	Hot Water Springs: Soak/swim in 10 pools of different temperatures while being surrounded by lush tropical gardens. (\$55 additional cost per person)
7:00 pm	Dinner

Day 4

Saturday, April 21- White Water Rafting & Friendly Game #2

8:00 am	Breakfast
9:00 am-3:00 pm	White Water Rafting. Ride the rapids through stunning scenery-and experienced guide provides helmets, life jackets and the knowledge of how to make this trip a safe but thrilling experience. (\$90 additional cost per person)
6:00 pm	Friendly Game #2*
8:30 pm	Dinner

Day 5

Sunday, April 22- Beach Resort

8:00 am	Breakfast
9:00 am	Transfer to the beach hotel
1:00 pm	Check into hotel for 2-night stay
1:00 pm	Lunch
2:00-6:00 pm	Afternoon at the beach/ <i>Team training</i>
7:00 pm	Dinner

Day 6

Monday, April 23- Canopy Zip-line Tour

8:00 am	Breakfast
9:30- 11:00 am	Rainforest Canopy Zip-Line Tour. Experience the exhilarating adventure of swinging through a tropical rainforest along a steel cable secured in harness. (75 additional per person)
12:30 pm	Lunch
1:00-6:00 pm	Afternoon free to enjoy the beach
7:00 pm	Dinner

Day 7

Tuesday, April 24- Back to city & Friendly Game #3

8:00 am	Breakfast
11:00 am	Depart for San José
1:00 pm	Check into hotel for 1- night stay
1:00 pm	Lunch
5:00 pm	Friendly Game #3*
8:00 pm	Farewell Dinner

Day 8

Tuesday, April 25- Depart Costa Rica

4:30 am	Breakfast box & check out
7:30 am	Depart San José, Costa Rica
12:30 pm	Arrive Miami, FL
3:35 pm	Depart Miami, FL
6:45 pm	Arrive Boston, MA

Frequently Asked Questions

1. Do I need a passport to go to Costa Rica?

Yes, valid passport is mandatory to enter Costa Rica.

2. Do I need a visa to go to Costa Rica?

U.S., Canadian, and many European citizens may enter Costa Rica without a visa. All other please consult the Costa Rican Embassy at www.costarica-embassy.org

3. Is the water drinkable in Costa Rica?

Yes, you can safely drink from the tap at all of the places which we will be travelling on our tour.

4. Is Costa Rica safe?

Costa Rica is very a very safe, stable democratic country.

5. What is the currency in Costa Rica?

The Costa Rican currency is called Colon. US dollars and major credit cards are widely accepted.

6. How much cash should I plan to bring?

The amount of cash you need to bring depends on the snacks and souvenirs that you want to buy. On average, participants bring \$150 to \$300 each.

7. Are any vaccinations required for Costa Rica?

You are unlikely to encounter any serious diseases in Costa Rica. Sanitary standards are high and the health system is excellent. No vaccinations are required to enter Costa Rica.

8. How much is the airport departure tax?

Departure tax is \$28 and is not included in the tour price. It can be paid upon departure at the airport in US Dollars, colones or with a credit card.

www.costaricasoccer.com

Cancellation and Refund Policy

Airfare Policy (see Airfare Price Quote Document).

Airfare cancellation varies depending upon the airline.

Land Portion Policy

Cancellation processed 60 days prior to departure are fully refundable (does not apply for airfare).

Cancellations processed 59-31 days prior to departure result in a loss of 50% of the total program fee.

Cancellations made within 30 days of departure result in a loss of the total program fee. We reserve the right to cancel this tour. In such case, the entire payment will be refunded.

Sightseeing Activities

Are there optional sightseeing activities and how much do they cost?

Yes! We need at least 10 people to do each of the activities summarized below. If there are some people who do not want to participate in the group activity they may stay at the hotel.

Rainforest Canopy Tour: Experience the exhilarating adventure of swinging through a tropical rainforest along a steel cable secured in a harness. Cost: \$75 per person (includes transportation).

White Water Rafting: If you are a first-time or experienced paddler looking for the excitement of riding the rapids through stunning scenery, then this trip is for you. An experienced guide provides helmets, life jackets and the knowledge of how to make this trip a safe but thrilling experience. Cost: \$90 per person (includes transportation).

Hot Water Springs: Enjoy the beauty of soaking and swimming in mineral hot springs, waterfalls, mineral pools and indoor Jacuzzi, surrounded by tropical gardens. Cost: \$55 per person (includes transportation).